miCoach FIT SMART

User Manual

miCoach

Bluetooth® SMART

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micoach

1. Welcome to miCoach

miCoach is an interactive training service for anyone who wants to train for their favorite sport, general fitness, or just for fun. miCoach provides users with real-time coaching and the tools they need to track performance and monitor progress to get the results they want. The breadth of miCoach includes a free Web platform and training community with hundreds of free training plans, free mobile apps on iOS, Android, and Windows Phone 8, as well as a comprehensive range of devices for tracking all aspects of performance, both in game and in training.

2. Your miCoach FIT SMART

With its integrated optical heart rate monitoring technology, miCoach FIT SMART provides easy-to-understand, visually-coached guidance for workout intensity to keep you on track and motivated and help you train smarter and more effectively.

Featuring an integrated accelerometer tracking pace, distance, and stride rate, and syncing wirelessly with the miCoach train & run app, miCoach FIT SMART is an ideal tool for runners and fitness enthusiasts.

How miCoach coaches

miCoach offers both Cardio and Strength & Flex plans to improve strength, power, speed, agility, and flexibility. Together, these plans provide the full range of training needed.

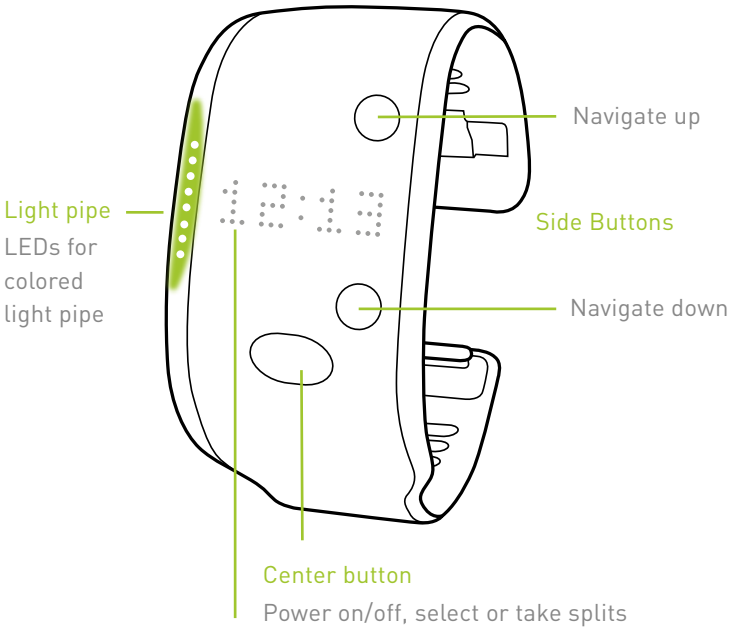
miCoach uses a unique form of interval training for Cardio workouts, varying the intensity of activity according to four personalized training zones — Blue, Green, Yellow, and Red — where each color corresponds to an effort. miCoach uses different combinations of the four zones to create varied, complete, and personalized workouts.

2.1 Overview

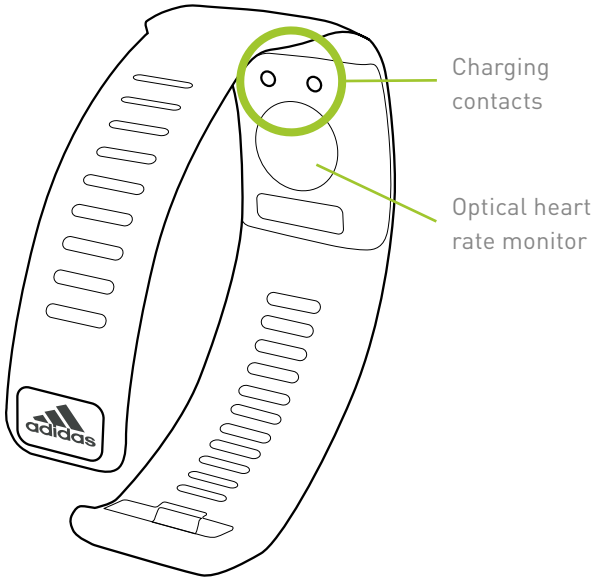
2.1.1 What's in the box

miCoach FIT SMART

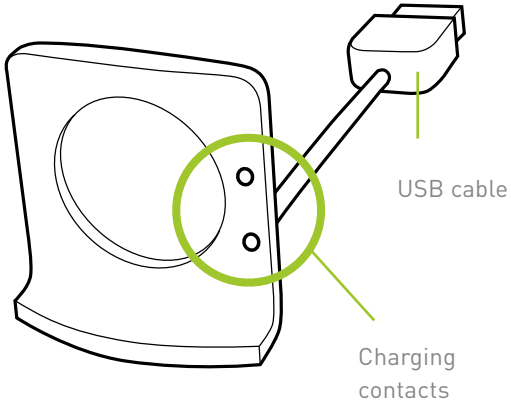
Front



Back



Charger



Light pipe notifications Blinking

Blinking green or red lights notify you about success or failure. When blinking, the light pipe flashes on and off in the indicated color. A single green blink is used for success and repeated red blinking is used for failure.

Also in the box

- miCoach FIT SMART Quick Start Guide
- Certification leaflet
- Warranty leaflet

2.1.2 What else is needed

miCoach account

micoach

micoach.com/fitsmart

You'll need a miCoach account to sync your miCoach FIT SMART via the miCoach train & run app. You can quickly and easily register your account from the app or at miCoach.com.

Compatible mobile device

Minimum requirements: iOS 7.0 / Android 4.3 Bluetooth® 4.0 support

miCoach train & run app

or

1) Download the free miCoach train & run app through the respective app store.

2) Scan the QR code with your smartphone to download the miCoach train & run app.

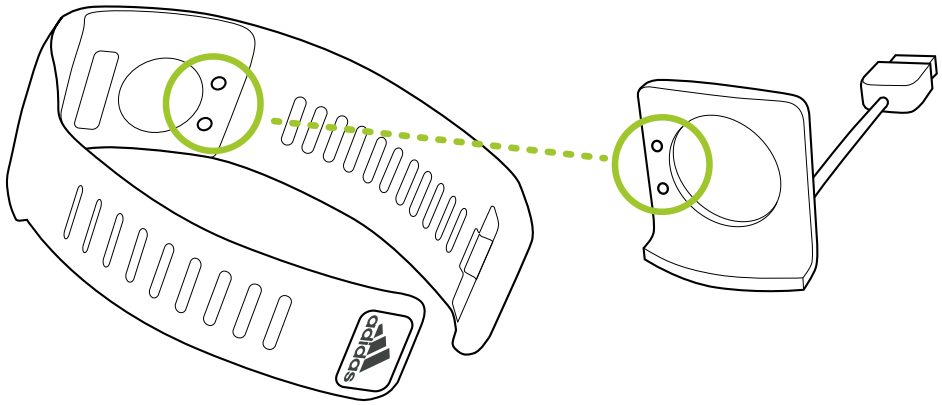
2.2 First time use

This section covers everything you need to know to get started with your miCoach FIT SMART, including charging and turning on your miCoach FIT SMART, navigating menus, understanding light pipes, pairing, and synchronizing, and instructions on how to wear it to get the most out of your workouts.

2.2.1 Charging

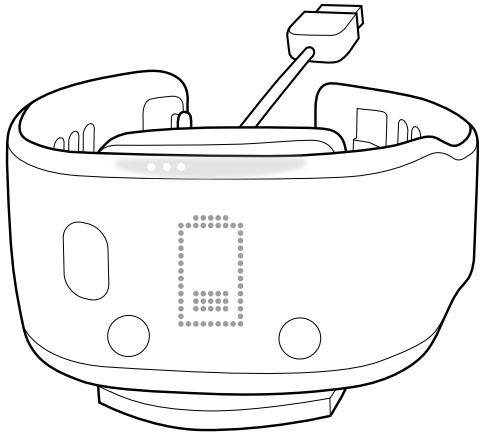
miCoach FIT SMART

Charger



Align the two contacts on the back of your miCoach FIT SMART with the contact points on the charger. With the contacts lined up, your miCoach FIT SMART and the charger should click together.

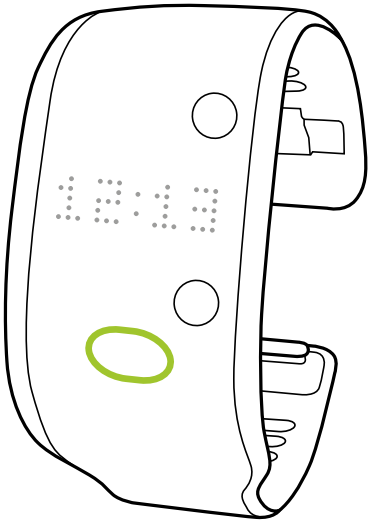
miCoach FIT SMART attached to charger



A full charge takes approximately 3 hours.

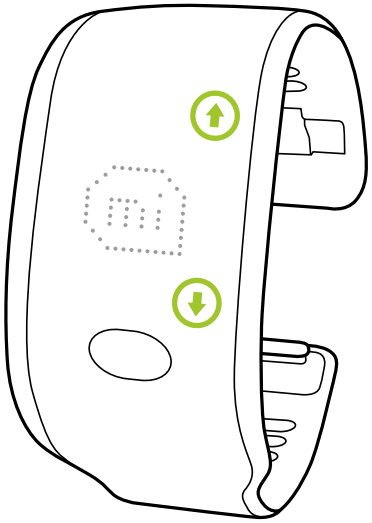
2.2.2 Navigating your miCoach FIT SMART

Power on



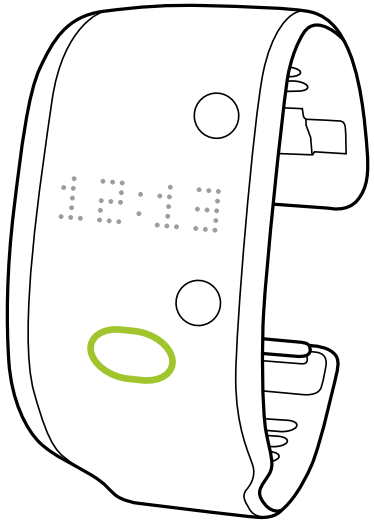
Press the center button to turn on your miCoach FIT SMART.

Move up and down



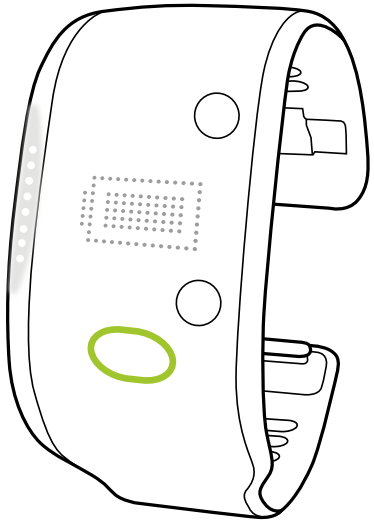
Press the side buttons up and down to reveal more choices or screens.

Select



Press the center button to select menu items.

Go back



Press the center button to return to the previous menu or cancel heart rate detection.

To go back from the Coached Workout menu, toggle to the 'back' icon and press the center button to confirm. See section 3.3.2 for more

Center button
This symbol indicates a center button press.

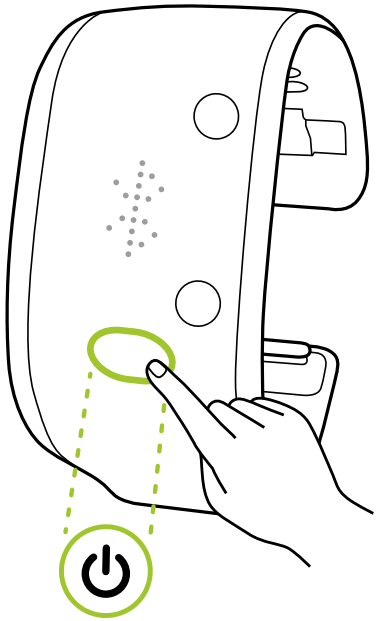
Side buttons
The side buttons allow you to navigate up or down through the available options.

2.2.3 Getting started with your miCoach FIT SMART – initial setup

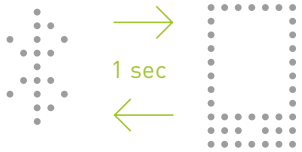
1. Turning your miCoach FIT SMART on/off for the first time

The first time you turn on your miCoach FIT SMART, it will need to be paired and synchronized with the miCoach train & run app. So make sure you have your Bluetooth® Smart compatible smartphone with the miCoach train & run app on it in close proximity to your miCoach FIT SMART to go through the initial pairing / syncing process. Please note that in this mode your miCoach FIT SMART won't automatically power down until the initial setup is complete and you can see the time screen. You can only navigate to the power icon on the display and power off the device.

Powering on (boot)

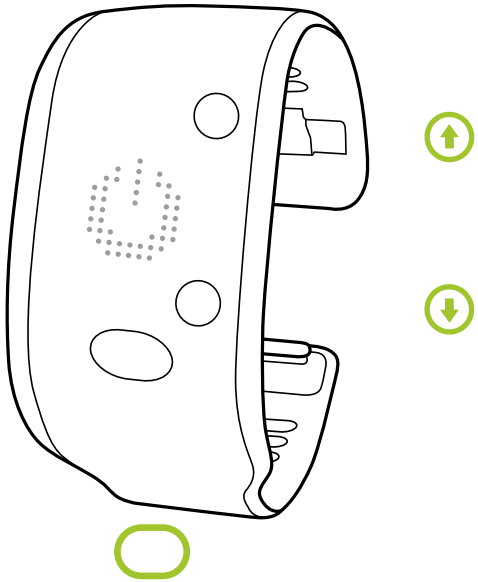


Short press the center button to turn on your miCoach FIT SMART.



Until paired, the display alternates between a Bluetooth® icon and a mobile device icon.

Powering off during initial pairing / syncing process



Navigate to the power icon and press the center button to turn off your miCoach FIT SMART.

For more information on battery life and the auto-standby function, see section 3.1.1.

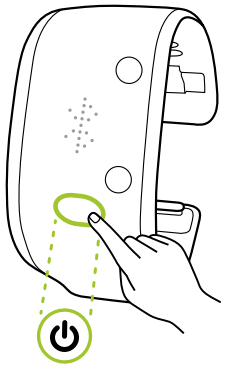
2. Initial synchronization

During the initial synchronization, your mobile device will trigger a software update, in case your miCoach FIT SMART doesn't have the most recent version, to ensure you have the latest functions and features available right from the start. After the software update, your miCoach FIT SMART will reboot automatically. Follow these steps as well as the instructions on the app to pair and sync your miCoach FIT SMART for the first time:

1. Enable Bluetooth®

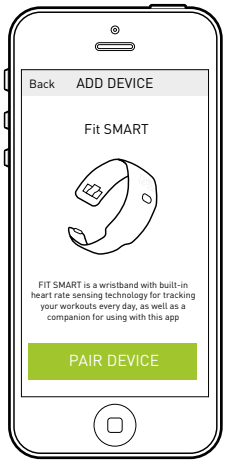
Turn on Bluetooth® in your mobile device's settings.

2. Turn on your miCoach FIT SMART



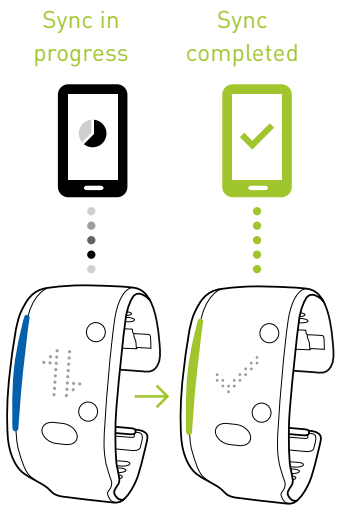
Short press the center button to turn on your miCoach FIT SMART.

3. Pair and sync


Back
ADD DEVICE
Fit SMART
FIT SMART is a wristband with built-in heart rate sensing technology for tracking your workouts every day, as well as a companion for using with this app
PAIR DEVICE

Open the miCoach train & run app, and search for your miCoach FIT SMART under the Devices menu. Select the serial number to pair.

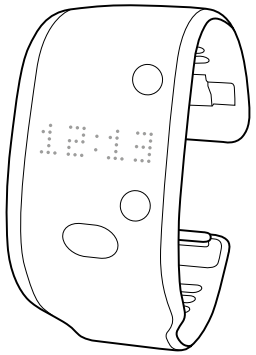
4. Syncing*



Once paired, the app will automatically sync with your miCoach FIT SMART.

*See the app for further pairing and syncing instructions.

5. Sync complete



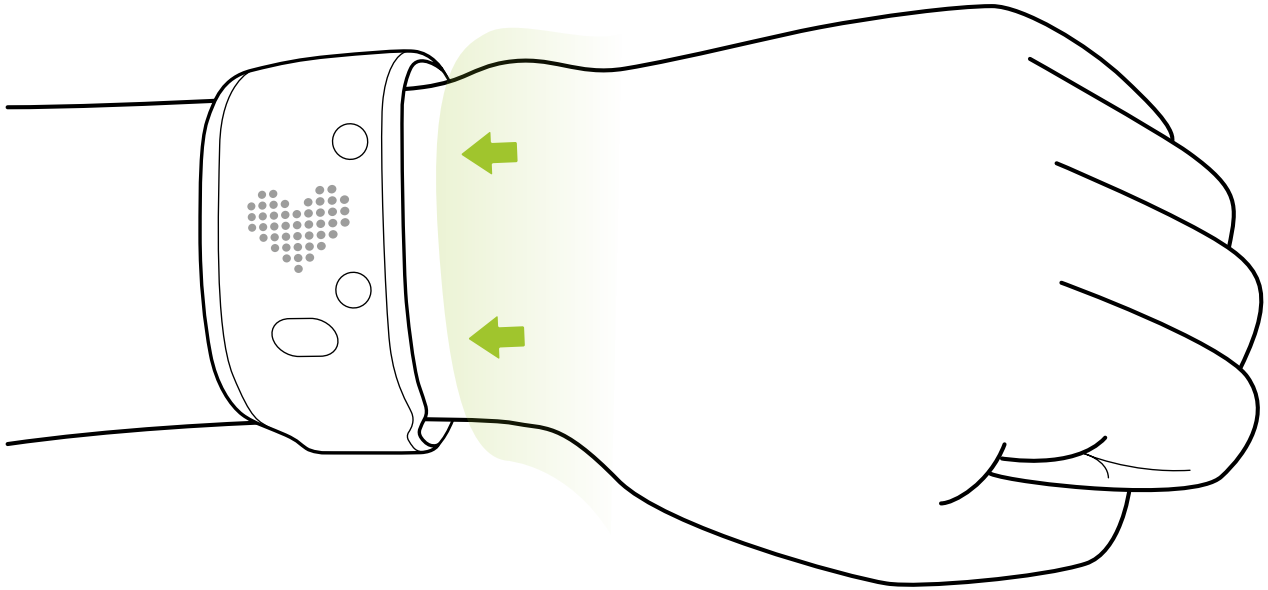
When the initial sync process is complete, your miCoach FIT SMART reboots and displays the time. Now you're ready to go!

Pairing is the process of connecting a Bluetooth® device like your miCoach FIT SMART to a Bluetooth® Smart compatible and enabled mobile device. Basically, it links your device with the app.

Synchronizing (or Syncing) transfers completed workout data from your miCoach FIT SMART to the app and transfers planned workouts and profile settings (time, miCoach Zones, user profile etc.) to your miCoach FIT SMART.

2.2.4 Wearing your miCoach FIT SMART

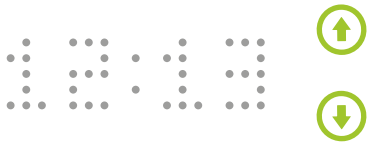
To ensure proper data tracking during your activities, fasten your miCoach FIT SMART snugly around your wrist so that the optical sensor on the back of the device makes tight contact with your skin and movement of the device during the workout is avoided. You want it to be close-fitting, but not too tight. Wear your miCoach FIT SMART away from your wrist bone, not directly on it. If you have small wrists, wear it higher up on your forearm.



3. Using your miCoach FIT SMART – main menus

Your miCoach FIT SMART main menu has four sub-menus: Time menu, Coached Workout menu, Free Workout menu, and Stats menu. When navigating through the list, after the bottom item, the list will continue again from the top.

1. Time



The **time** and **battery** screens are found under the Time menu.

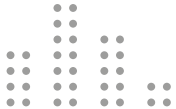
2. Coached Workout

Coached Workouts and the **Assessment Workout** are accessed from the Coached Workout menu.

3. Free Workout

Free Workouts can be accessed under the Free Workout menu.

4. Stats

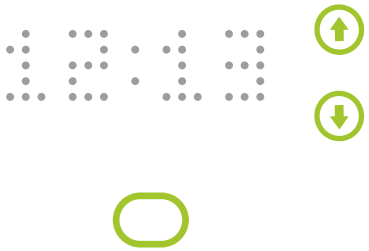


The **Stats** menu lets you view the metrics from your last workout.

3.1 Time menu

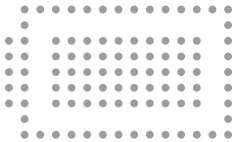
The time and battery screens can be found under the Time Menu:

1. Open the Time menu



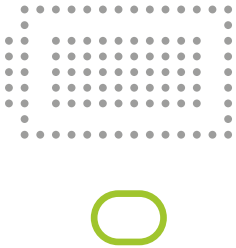
The battery status can be accessed in the Time menu. This is usually the first menu item that appears on your miCoach FIT SMART, but can also be toggled to. Press the center button to enter the battery sub-menu.

2. View the battery status



The battery level is shown on the display and on the light pipe. See section 3.1.3 for more on how the battery level is displayed.

3. Go back from the battery menu



Press the center button to return to the main menu from the battery sub-menu.

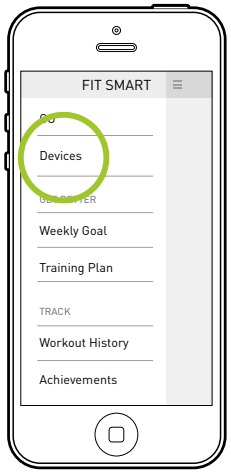
4. Back to the Time screen

3.1.1 Time

To save battery and ensure your miCoach FIT SMART is always ready when you need it, the device automatically powers off after 10 seconds without interaction. In the Coached Workout menu, the display times out after 30 seconds. To turn it back on, press the center button. The display does not time out during certain processes such as workouts, syncing, software updates, or checking your stats, as pointed out in section 3.1.3.

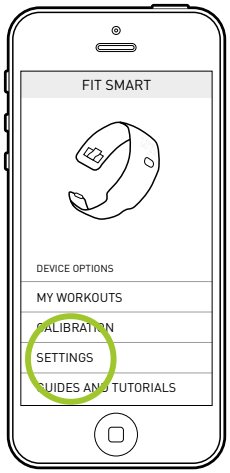
Adjusting the time settings in the miCoach train & run app

1. Select your FIT SMART



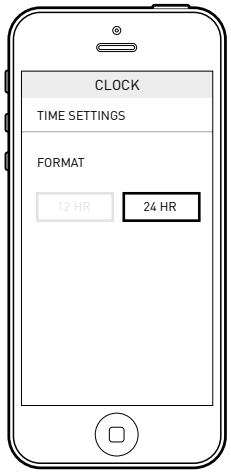
Pair your FIT SMART and tap devices for more options.

2. Select device settings



Select the “settings” menu to adjust the time settings.

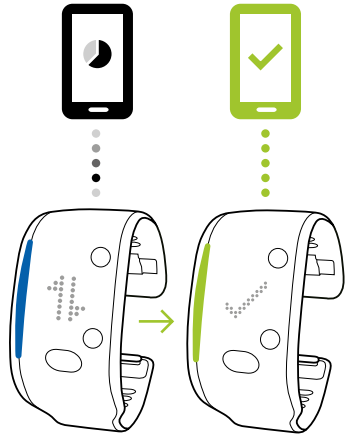
3. Choose your clock settings



Set the clock behavior as desired.

Your FIT SMART will match the time from your mobile device.

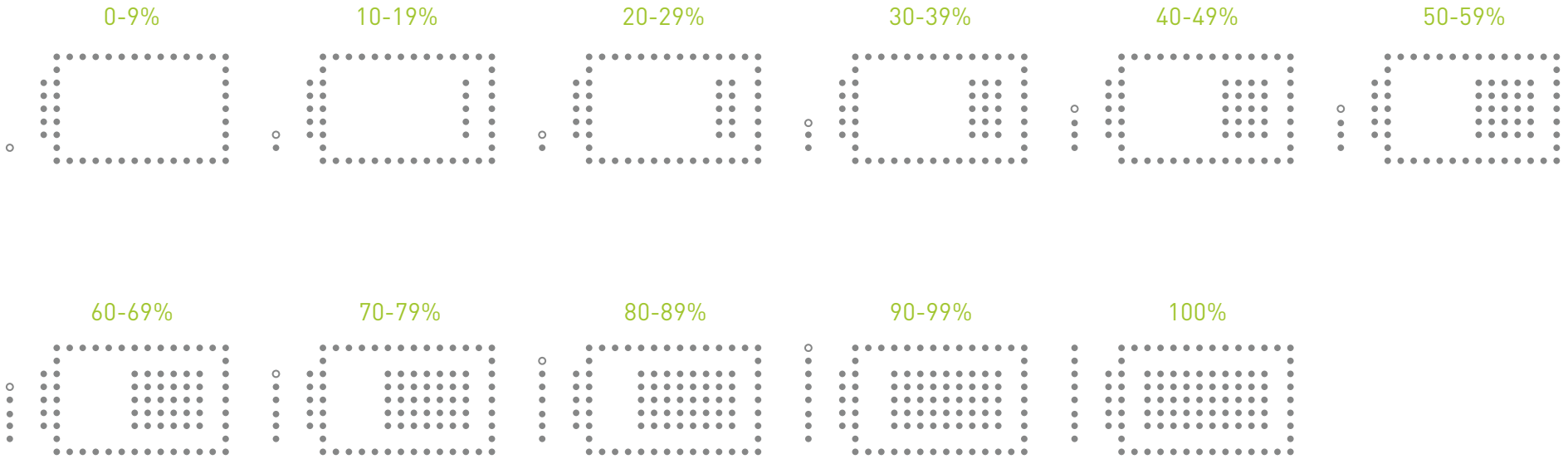
4. Sync changes



Synchronize your FIT SMART to transfer the new settings.

3.1.2 Battery status during charging

Press the center button on your miCoach FIT SMART while charging to show the battery status on the display for 10 seconds. When you plug your miCoach FIT SMART into the charger, the current battery status is shown on the display for 10 seconds and the light pipe shows the charging level and status.



Light pipe charging status

● Solid lights on the light pipe show the battery's current charge level.	○ Blinking lights on the light pipe show that your miCoach FIT SMART is charging.

3.1.3 Low battery warning

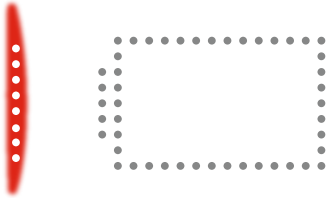
< 30%

When the battery level drops below 30%, your miCoach FIT SMART will display the following icon for 4 seconds. Press the main button to dismiss the warning.

< 20%

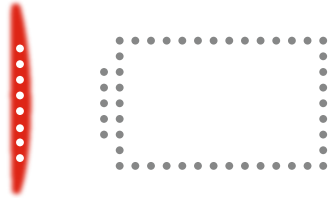
This icon is displayed for 4 seconds when the battery level drops below 20%.

< 10%



This icon appears when the battery is below 10%. Your miCoach FIT SMART vibrates once while the light pipe blinks three times and then continues to display the battery level.

3% - shut down



Once the battery level drops to 3%, the icon is displayed, your miCoach FIT SMART vibrates three times, and the light pipe flashes red three times.*

* Your FIT SMART continues to record and save data until the battery runs out. This data will be stored on the device even if the battery runs out, so once you charge your FIT SMART you can sync the previously recorded workout data.

Automatic power off

Your miCoach FIT SMART automatically powers itself off on the main menu within 10 seconds.

In the Coached Workout menu, it powers off after 30 seconds.

Your miCoach FIT SMART doesn't power off in the following scenarios:

1. When searching for your heart rate before a workout.
2. Whenever your heart rate has been found prior to a workout (and you can start a workout by pressing the center button).
3. During your workout.
4. While synchronizing your miCoach FIT SMART with a mobile device.
5. During a software update.

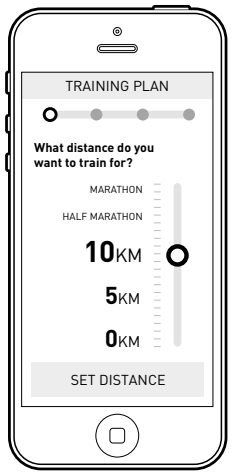
3.2 Coached workout

To access your Coached Workouts, toggle with the side buttons until you see the miCoach icon. This is the Coached Workout menu.

Coached workouts are the backbone of the miCoach training system, consisting of cardio workouts that vary in intensity according to your workout zones (for more information on workout zones, see section 3.2.4). During a Coached Workout, your miCoach FIT SMART displays the color of the current workout zone via the light pipes and the display provides visual feedback to help keep you in the zone and maximize the effectiveness of your workout. Haptic feedback in the form of vibrations enhances the experience and supports the visual coaching instructions.

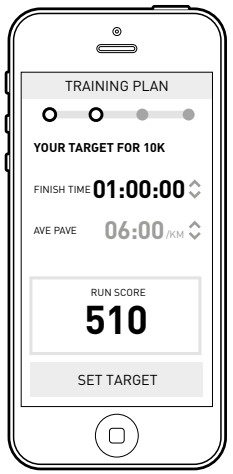
3.2.1 Setting up a Coached Workout plan on the app and syncing it to your FIT SMART

1. Choose your target distance



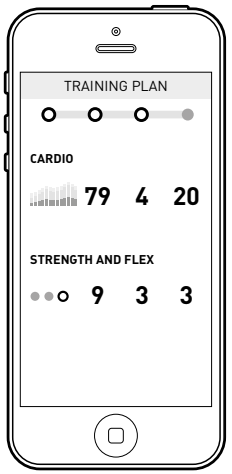
Select the distance you want to run.

2. Choose your target speed



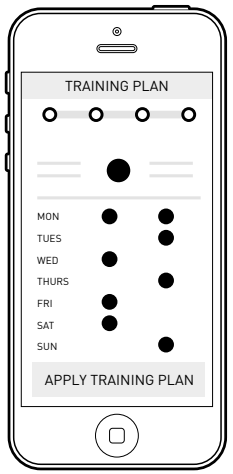
Select the speed that you want to achieve.

3. Choose how frequently you want to train



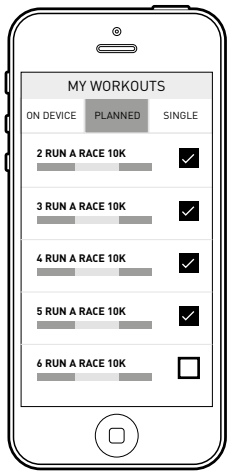
Choose how many days per week and how many weeks you want to train.

4. Select which days of the week you want to train



Choose which days of the week you want to train, and which days you want to have off.

5. Sync your new plan



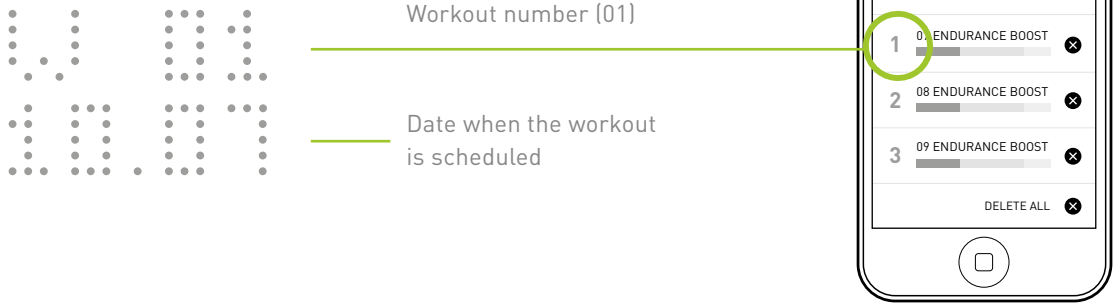
To synchronize your Coached Workout plan, go to the FIT SMART device options and select “MY WORKOUTS“.

Visit miCoach.com for more information on Coached Workouts.

3.2.2 Selecting a Coached Workout

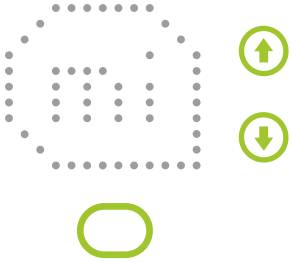
Your miCoach FIT SMART can store up to 15 coached cardio workouts which are synced from the miCoach train & run app. Use the side buttons to toggle between the Coached Workouts on your miCoach FIT SMART. Workouts are displayed by the workout number according to the workout plan and the date when the workout was scheduled to take place.

Similar to the app (where it always appears at the top of the list of planned workouts), an Assessment Workout (AW) comes pre-installed on your FIT SMART. You can find the Assessment Workout on your miCoach FIT SMART by entering the Coached Workout menu and pressing the upper side button. For more details about the Assessment Workout please see section 4.1.



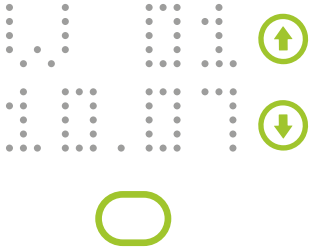
3.2.3 Starting a Coached Workout

1. Choose Coached Workout



Select the Coached Workout menu.

2. Select workout



Navigate to the Coached Workout you want to do and press the center button to select it.

2a. Go back

Navigate to the back arrow icon and press the center button to return to the main menu.

The back icon is only found under the Coached Workout menu.

3. Heart rate detection

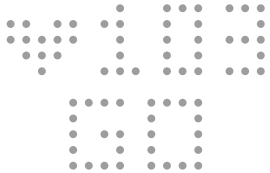
Heart rate detection begins.*

**Press center button to cancel heart rate detection and return to the select workout screen.*

4. Heart rate detected

Heart rate detection successful.

5. Start workout

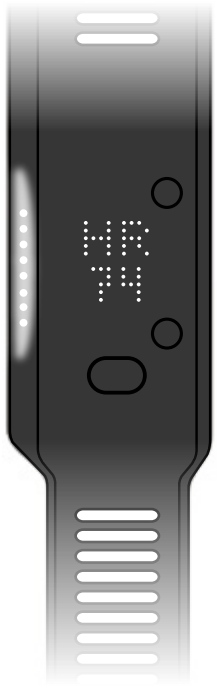


Press the center button to start your workout.

3.2.4 Coached Workout Zones

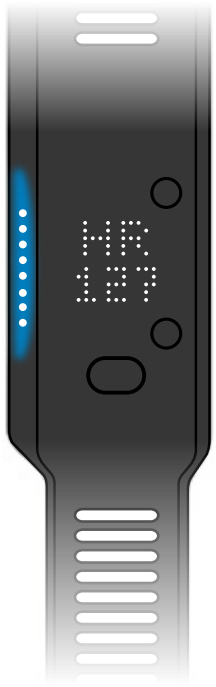
The light pipe coloring is based on your current heart rate zone or pace/speed zones. You can choose if you want to be coached based on heart rate or pace in the Settings menu of the app. Here's what the colors mean:

White



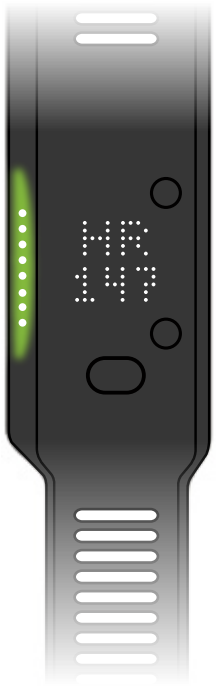
White is shown when the current zone is below the Blue Zone.

Blue



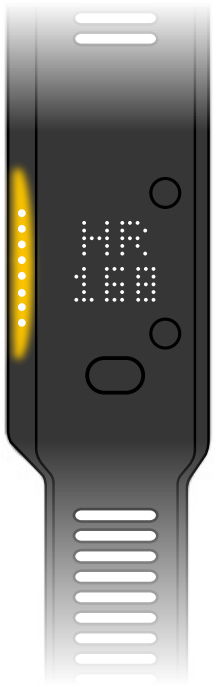
The easiest zone, you'll train here in early stages of your plan and during warm-up and cool-down.

Green



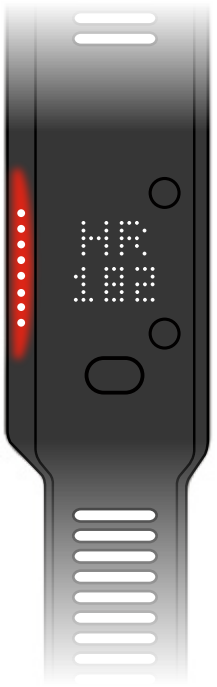
In this zone, you'll burn calories, boost endurance, and build a greater cardiovascular capacity.

Yellow



Here the training will become more difficult.

Red



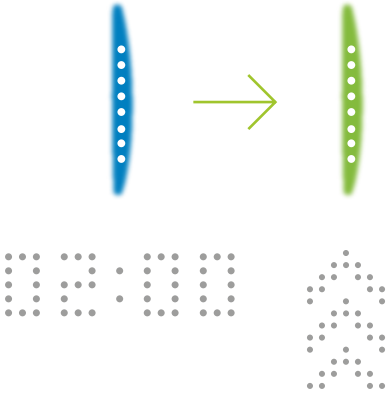
Training in the Red Zone develops strength, speed, and power.

For more information on zones, go to miCoach.com

3.2.5 Changing zones

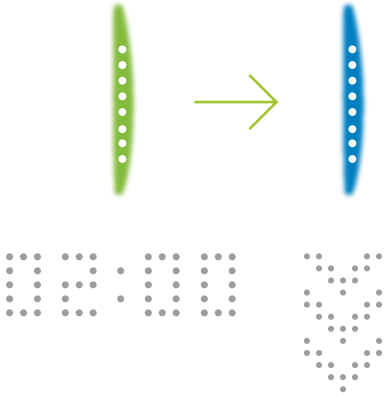
When changing into a higher intensity zone, your miCoach FIT SMART displays the duration of the upcoming zone and a speed up animation. When changing to a lower intensity zone, the duration of the zone is displayed followed by a slow down animation. Accompanying a zone change, the light pipe will flash the color of the upcoming zone and your miCoach FIT SMART will provide haptic feedback in the form of five vibrations leading you into your right pace or heart rate based zone.

Speed up to a higher intensity zone



Changing from a lower intensity zone (Blue) to a higher intensity zone (Green). The upcoming zone has a duration of 2 minutes.

Slow down to a lower intensity zone

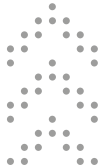


Changing from a higher intensity zone (Green) to a lower intensity zone (Blue). The upcoming zone has a duration of 2 minutes.

3.2.6 Staying in the zone

If you're training with too much intensity, or not enough, your miCoach FIT SMART will let you know. Three different animations and haptic feedback in the form of three vibrations help keep you in the zone — whether you need to speed up, slow down, or maintain your pace.

Speed up



Slow down

Maintain pace

3.2.7 Completing a Coached Workout

As the workout comes to an end, your miCoach FIT SMART will display a countdown from 5 to 0. Once it's done, you can decide if you want to keep running, which will be tracked as a Free Workout, or end the workout via a long center button press and toggling to the end workout icon.

1. Countdown

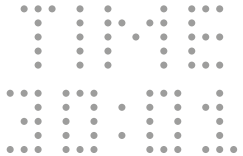
During the final 5 seconds of the workout, your miCoach FIT SMART will display a countdown of -5, -4, -3, -2, -1, 0.

2. Workout completed

Once the countdown is finished, the workout completed screen is displayed for 1 second.

Please note:
Once the Coached Workout is finished, you'll need to manually end the workout in order to save the data. See section 3.2.9 for how to manually pause or end a workout.

3. Elapsed time



After the workout completed screen, the workout continues as a Free Workout. Heart rate and pace zones are still displayed on the light pipe, but coaching prompts aren't given anymore.

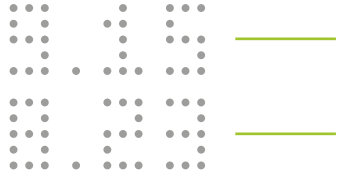
3.2.8 Manual splits

Create manual splits based on distance or time by selecting your preferred metric in the app. All split data must be synced to the app for review. Whenever you create a split during a workout, the Auto Lap screen is disabled. Auto Laps are still saved in the background and transferred to the app for analysis. For information on how to configure Auto Laps, see section 5.1.

1. Workout screen

Pressing the button once creates a manual split during a workout.

2a. Split view distance



Current split distance
Shows distance for the most recent split.
Units are based on type set in Settings.

Last split distance
Shows distance for the previous split.
Units are based on type set in Settings.

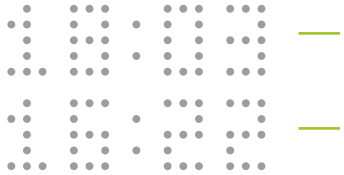
Vibration Duration: 0.2s. Repeats 1 time.

This screen is displayed for 4 seconds, after which it goes back to the workout screen.

2b. First split view

When you make a split for the first time, the split metric is placed on the first line.

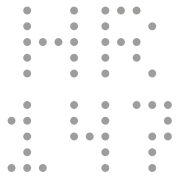
2c. Split view time



Current split time
Shows the time of the most recent split.

Last split time
Shows the time of the previous split.

3. Workout screen



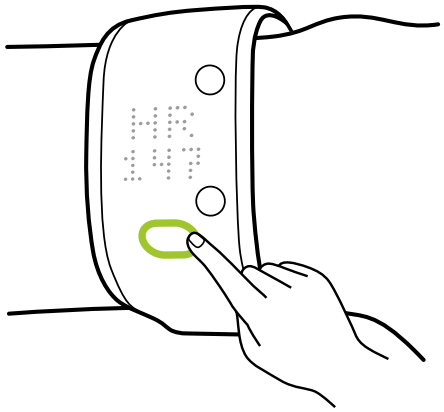
After 4 seconds, the view goes back to workout metrics.

NOTE:

If a split is taken during a coaching prompt, the prompt isn't interrupted and the split data is shown after the coaching prompt ends.

If a split is taken at the same time the low battery warning is shown, the split is shown first and the low battery warning is displayed right after.

3.2.9 Pausing/ending a workout



Press and hold the center button to pause your workout.

(A) Resume workout

Select to 'RESUME'

(B) End workout

To sync your completed workout data to the miCoach train & run app, see section 3.2.10.

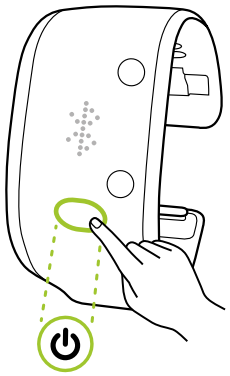
3.2.10 Synchronizing your completed workout data

When you are done with your Coached Workout, you can check out your workout results on your miCoach FIT SMART by toggling through the metrics once you ended your workout. What is even better though is seeing those results on your app screen which contains time, distance, calories, and pace as your main metrics as well as a graphic depiction of these metrics when you click on "charts". To get to this screen you have to synchronize your workout data with your mobile phone. The steps leading there are explained below:

1. Enable Bluetooth®

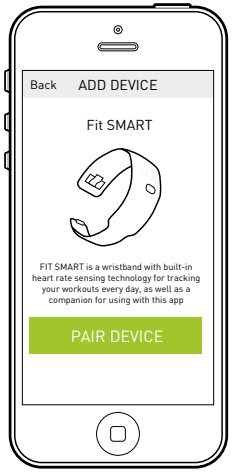
Turn on Bluetooth® in your smartphone settings.

2. Turn on your FIT SMART



Short press the center button to turn your miCoach FIT SMART on.

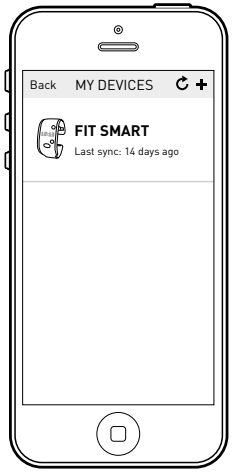
3. Pair your FIT SMART*


Back
ADD DEVICE
Fit SMART
FIT SMART is a wristband with built-in heart rate sensing technology for tracking your workouts every day, as well as a companion for using with this app
PAIR DEVICE

* If paired already, skip this step.

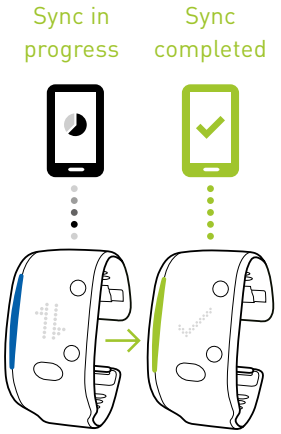
Open the miCoach train & run app, and search for your FIT SMART under the 'Devices' menu. Select the serial number of your miCoach FIT SMART to pair.

4. Sync your FIT SMART



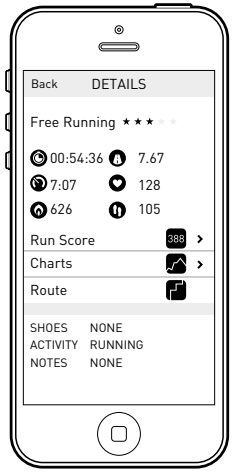
Tap the sync icon in the upper right corner of the screen to synchronize your miCoach FIT SMART with your mobile phone.

5. Syncing



Your miCoach FIT SMART will synchronize all completed workouts to the app, and will simultaneously download planned workouts and profile settings from the app.

6. View your workout data



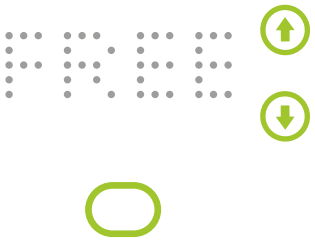
View your workout summary data and your charts in greater detail on the miCoach train & run app.

3.3 Free Workout

A Free Workout doesn't have active coaching or time limits, but it will provide zone feedback via the light pipe so you can train with as much or as little intensity for as long as you like. Your miCoach FIT SMART will still record your heart rate, pace, speed, and distance data.

3.3.1 Starting a Free Workout

1. Select the Free Workout menu



From the Time menu, navigate to the Free Workout menu and press the center button.

2. Begin heart rate detection*

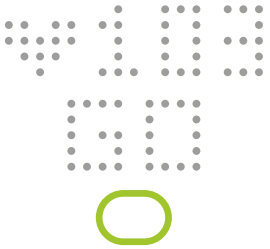
*Press center button to cancel heart rate detection.

Heart rate detection begins automatically.

3. Heart rate detected

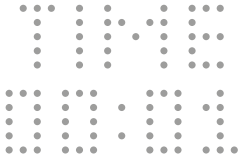
A check mark is displayed once your heart rate has been found.

4. Start workout



Press the center button to begin a Free Workout.

5. Workout started



To create manual splits, see section 3.2.8.

To pause or end your workout, see section 3.2.9.

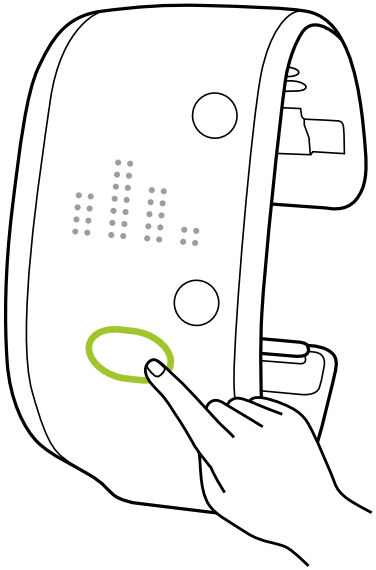
To sync your workout data, see section 3.2.10.

3.3.2 Workout results – Run Score

Your Run Score appears after every Free Workout over a distance of at least 1.5km at a speed of at least 6 km/h. It is measured on a scale of 0 to 1,000 and allows you to track your running progress, compare your performance with others, and predict race performance. A score of 0 is equivalent to a walking pace and a score of 1,000 is equivalent to a world record pace. Based on the Run Score you achieve, miCoach provides you with predicted race times for 5K, 10K, half marathon, and marathon paces.

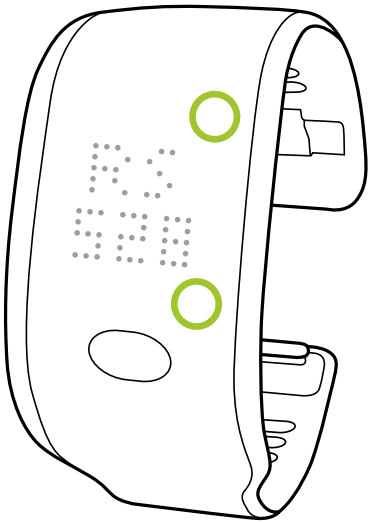
When you are done with your Free Workout, you can check out your workout results on your FIT SMART by toggling through your workout stats.

Open the Stats menu



From the Time menu, navigate to the Stats menu and press the center button to view your statistics.

Toggle to Run Score



Navigate through your statistics until you see the Run Score from your last workout.

Run Scores are only calculated for Free Workouts over a minimum distance of 1.5km and a minimum speed of 6 km/h.

A Run Score is automatically calculated for every Free Workout that meets the above thresholds.

For more information on viewing your workout statistics, see section 3.4.

More detailed results are available on your app screen which displays your main metrics, time, distance, calories, and pace, all accessible in chart format, as well as showing your Run Score after your metrics.

3.3.3 Training with your miCoach FIT SMART and the miCoach train & run app

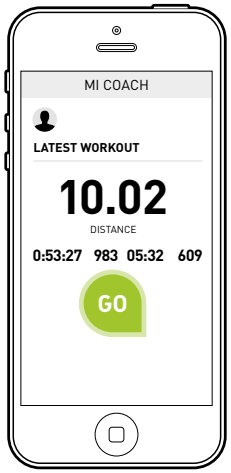
Your miCoach FIT SMART was designed to work as a standalone device, but you can pair your miCoach FIT SMART with the miCoach train & run app to add GPS data to your workouts.

When paired with the app, you can start, pause, and end a workout directly from your miCoach FIT SMART, and the app screen will display your workout statistics and results. Following the instructions on the app, you can select a training plan and then workout on the app. You can also select a Free Workout from the home screen by tapping the "Go" button, or you can select a workout which is already part of your Cardio Plan at the bottom of the screen.

If you want to do a Single Workout, swipe upward to access your pre-installed sample workouts. No matter which way you access your workouts, select the workout you want to do by tapping it, and your miCoach FIT SMART will follow by entering heart rate detection mode. It will then be ready to go. All you need to do is press the center button on your miCoach FIT SMART to get started.

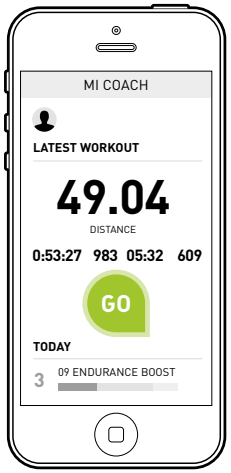
Please note that if you train with your miCoach FIT SMART and your mobile device with the miCoach train & run app, we advise you to train wearing both the miCoach FIT SMART and your mobile device on the same arm or side of your body.

Start a Free Workout



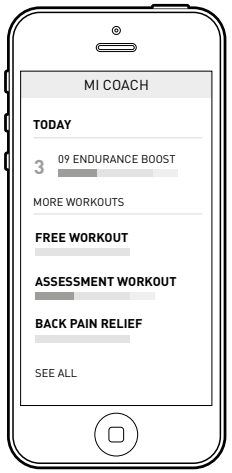
From the home screen, select "GO" to begin a Free Workout.

Start a Planned Workout



If you have already set up a planned workout, this one will be available further down the home screen.

Start a Single Workout

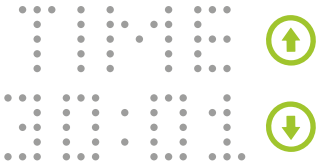


Swipe up from the home screen to access your sample workouts.

3.4 Stats

You can toggle through a summary of your most recent workouts by selecting the Stats menu from the main menus. Using the app, you can define which metrics you want to see and in which order. The Stats section only shows a single metric screen layout and doesn't use any double metric combined views so that you always know which stats you're looking at for the most transparent representation of your data.

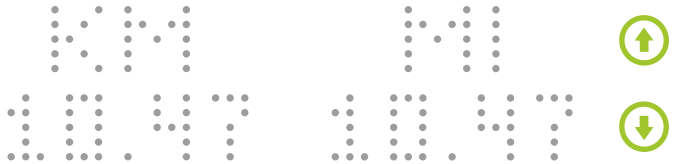
1. Time



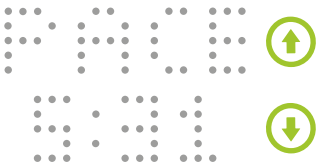
2. Heart rate

3. Calories

4. Distance

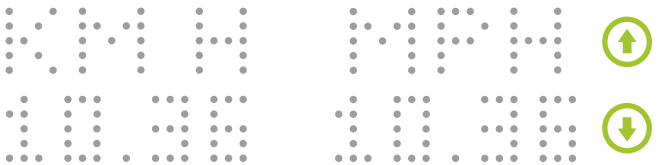


5. Pace



6. Stride Rate

7. Speed



8. Run Score*

*Run Score is only calculated for Free workouts

From the Stats sub-menu (toggling through the metrics), press the center button to return to the main menus.

4. Special workouts

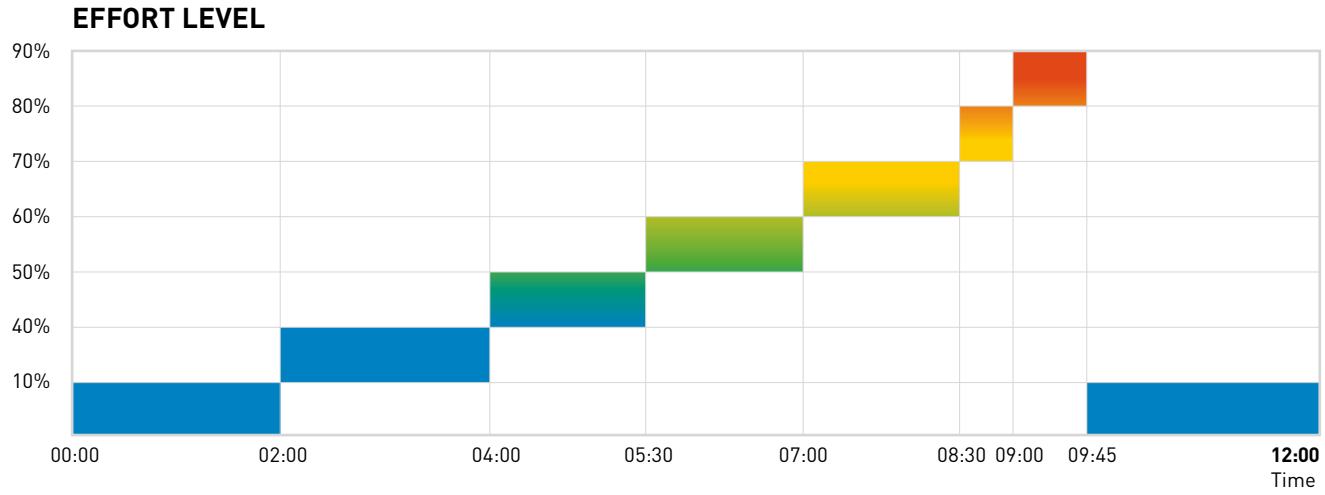
4.1 Assessment Workout (to calibrate speed, distance and heart rate zones)

The Assessment Workout is crucial to getting the most out of your miCoach FIT SMART. The Assessment Workout is a 12-minute workout progressing in intensity through each of the zones. The data recorded during the Assessment Workout is used to:

- adjust your personal miCoach Zones to your fitness level.
- calibrate your miCoach FIT SMART's internal accelerometer to enhance the accuracy of the distance and speed data recorded.

In order to calibrate the internal accelerometer, it's necessary to complete the Assessment Workout with a mobile device equipped with the miCoach train & run app, as the GPS signals are used to adjust the internal sensor. If you complete the Assessment Workout without a mobile device, only your personal miCoach Zones will be calibrated.

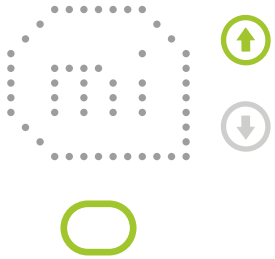
Detailed instructions for the Assessment Workout are available on the miCoach train & run app. Calibrating your zones and the accelerometer are recommended to ensure proper speed and distance tracking, resulting in an enhanced user experience and coaching.



4.1.1 Completing an Assessment Workout with your miCoach FIT SMART

The Assessment Workout is located under the Coached Workout menu. This workout is located on the device by default, and you can complete a new Assessment Workout at any point in time if you feel that your current miCoach Zones could be improved.

1. Coached Workout



The Assessment Workout can be found under the Coached Workout menu.

2. Assessment Workout

Select the Assessment Workout called "AW" from the list of Coached Workouts.

3. Heart rate detection

Your miCoach FIT SMART will begin searching for your heart rate.*

*Press center button to cancel heart rate detection.

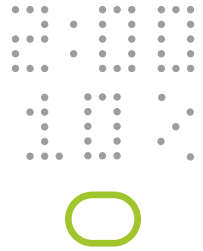
4. Heart rate detected

Once your heart rate is detected, a confirmation screen is shown for 1 second.

5. Start

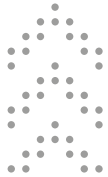
Press the center button to start the Assessment Workout.

6. 10% zone



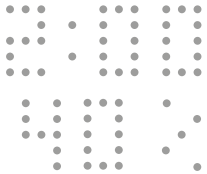
Walk at 10% effort for 2 minutes. A countdown is shown.

7. Change zones



Now increase to 40% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates three times.

8. 40% zone

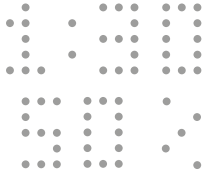


Run at 40% effort for 2 minutes. A countdown is shown.

9. Change zones

Now increase to 50% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates three times.

10. 50% zone

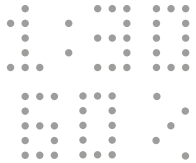


Run at 50% effort for 1:30 minutes. A countdown is shown.

11. Change zones

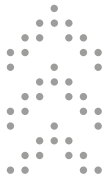
Now increase to 60% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates three times.

12. 60% zone



Run at 60% effort for 1:30 minutes. A countdown is shown.

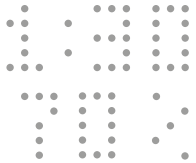
13. Change zones



Now increase to 70% effort.

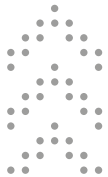
The speed up animation is displayed three times and the miCoach FIT SMART vibrates three times.

14. 70% zone



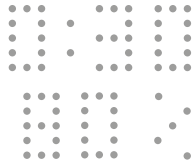
Run at 70% effort for 1:30 minutes. A countdown is shown.

15. Change zones



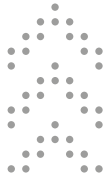
Now increase to 80% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates three times.

16. 80% zone



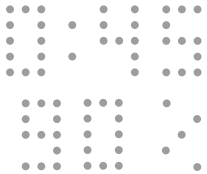
Run at 80% effort for 30 seconds. A countdown is shown.

17. Change zones



Now increase to 90% effort zone. The speed up animation is displayed three times and the miCoach FIT SMART vibrates three times.

18. 90% zone

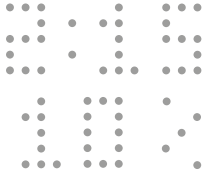


Run at 90% effort for 45 seconds. A countdown is shown.

19. Change zones

Now decrease to 10% effort. The slow down animation is displayed three times and the miCoach FIT SMART vibrates three times.

20. 10% zone



Walk at 10% effort for 2:15 minutes. A countdown is shown.

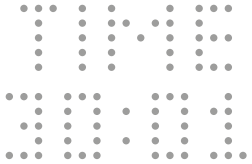
21. Countdown

During the final 5 seconds of the Assessment Workout, your miCoach FIT SMART will display a countdown of -5, -4, -3, -2, -1, 0.

22. Completed

Once the countdown is finished, the workout completed icon is displayed for 1 second.

23. Continue tracking



After the workout completed screen, the workout continues as a Free Workout and the screen shows the metrics setup in preferences in the app.

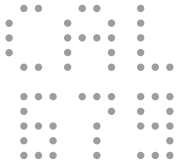
24. Pausing workout

Long press to pause your workout. The resume option is selected by default.

25. Ending workout

To manually end your workout, toggle to the end icon after your long center button press and select. The checkmark icon will be shown.

26. Workout summary



Here you can toggle through the workout statistics. Toggling functions the same way as during the workout. (You can see one metric per screen if you kept with the standard settings.)

To pause or end your workout, see section 3.2.9.

To sync your workout data, see section 3.2.10.

4.1.2 Completing an Assessment Workout with your miCoach FIT SMART and the app

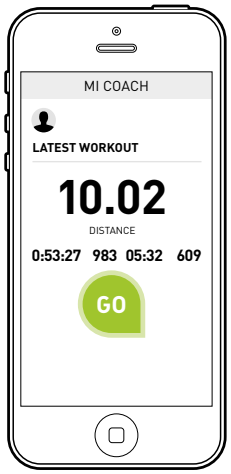
To calibrate your miCoach FIT SMART and personalize your miCoach Zones, which are based on heart rate or pace, it's crucial to do an Assessment Workout as soon as you start using your miCoach FIT SMART.

To start the Assessment Workout, swipe upward on the home screen. The Assessment Workout will be at the top of the displayed list. Tap it to start your Assessment Workout.

Before starting your Assessment Workout, make sure your miCoach FIT SMART is paired with your mobile device. The app will recognize your miCoach FIT SMART and initiate the heart rate detection. Once your heart rate is detected, you can press the center button to begin.

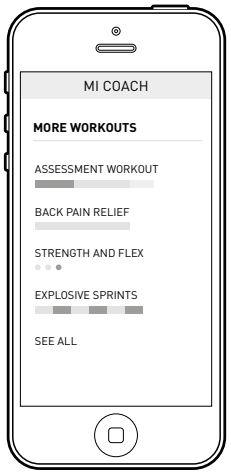
You can also always find the Assessment Workout stored in Settings under My Workouts on the miCoach train & run app.

Swipe up from the home screen



From the home screen, swipe upwards to reveal the default workouts on the app.

Revealing the default workouts



The Assessment Workout is always found at the top of the default workout list.

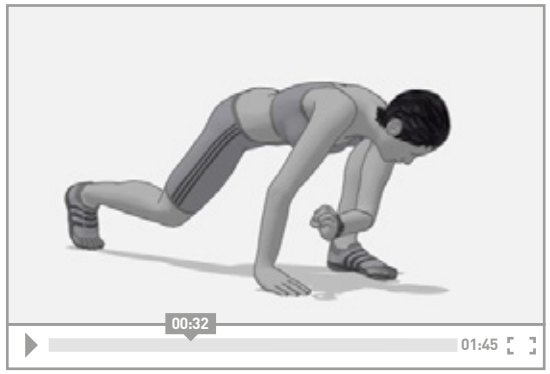
4.2 Strength & Flex workout

Using Strength & Flex plans with Cardio plans provides you with the well-rounded training you need to take your performance to the next level. These plans focus on balancing out your cardio with strength and flexibility training. Training for strength and flexibility gives your body the strength, mobility, stability, speed, and power it needs to run and move more efficiently.

When you select a Cardio plan on the miCoach train & run app, a Strength & Flex training plan will be recommended, or you can create one. Either way, it will appear on the bottom of your home screen once you set it up.

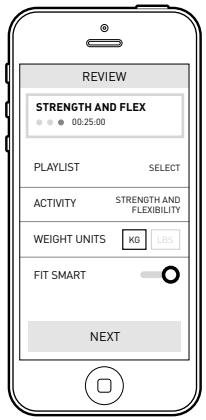
You can then access the Strength & Flex workout on your home screen or by choosing a Single Workout in a similar manner as when starting a Cardio workout from your app. Note that unlike Cardio workouts, Strength & Flex workouts can't be completed without the app.

When you select your workout on the app or your miCoach FIT SMART, exercise videos with clear instructions will be shown on the miCoach train & run app. The coaching comes solely from the app, while your miCoach FIT SMART records the workout parameters time, calories, and heart rate. You can toggle through these parameters while doing your exercises and review them on your miCoach FIT SMART afterwards, but the main part of your coaching will take place on your mobile device.



Here are the exact steps:

1. Select the workout*



In the app set up a Strength & Flex training plan you want to follow, schedule your workouts, and click on the scheduled workout or select a Single Workout from the home screen.

*This selection process is very similar to section 3.2.1. & 3.3.3

2. Heart Rate detection*

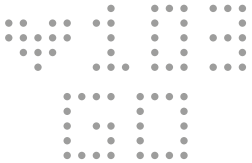
Heart rate detection starts when you select the Strength & Flex workout on the app. The progress bar is animated during heart rate detection.

*Press center button to cancel heart rate detection.

3. Heart rate found

Once your heart rate is detected, a confirmation animation is shown for 1 second.

4. Start workout*

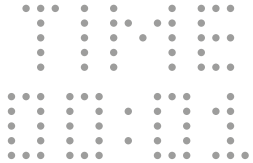


A. Start the workout by pressing the center button.

B. From the app, tap “Start”.

*If you’re training with GPS via your mobile device and the optical heart rate monitor via your miCoach FIT SMART, you’ll have to wait until both sensors have acquired their signals before the workout can begin

5. Workout metrics



You can view the metrics during a workout based on how they’re set up in the app. There are only three metrics for Strength & Flex workouts — time, heart rate, and calories.

During a workout, the light pipe displays your current heart rate zone.

To pause or end your workout, see section 3.2.9.

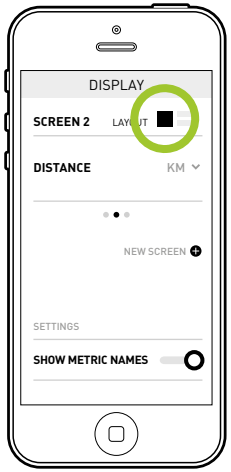
To sync your workout data, see section 3.2.10.

5. Your miCoach FIT SMART settings

To configure the settings of your miCoach FIT SMART, go to the Devices menu in the miCoach train & run app, select your FIT SMART, go to Settings, and tap "Display." Here you can set how many metrics you want to see, how you want to see them and whether or not you want to see metric names.

To set up your Stats screen on your FIT SMART, you can choose either the single or double metrics view. This specifies how many metrics you see on each screen on your device. Next, you can choose the metrics you want to see on your device in the order you want to see them by swiping through the different screens. To change the unit of your metric, tap on the drop-down menu and choose your unit preference.

Single metrics



Choose the metrics that you want to see in the single metrics view.

Double metrics

Choose sets of two metrics that you want to see in the double metrics view.

5.1 Auto Laps

Auto Laps can be set based on time or distance. They need to be configured from the miCoach train & run app. Auto Laps and manual splits are two separate functions. For information on setting manual splits, see section 3.2.8. When recording both manual splits and Auto Laps, Auto Laps will be tracked in the background and uploaded after a workout with the workout file to your mobile device for review. Distance is the metric used to measure time-based laps/splits, and time is used to measure distance-based laps/splits. All lap data needs to be synced to the app for review.

1. Workout screen

Pressing the button once creates a manual split during a workout.

2a. Lap view – time-based: distance

Current lap distance
Shows distance for the most recent split.
Units are based on type set on Settings.

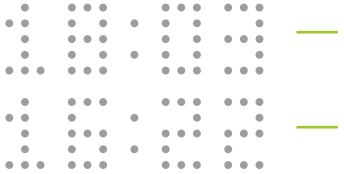
Last lap distance
Shows distance for the previous split.
Units are based on type set in Settings.

Vibration Duration: 0.2s. Repeats 1 time.

2b. First lap view – Time-based: distance

When you make a split for the first time, the split metric is placed on the first line.

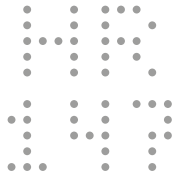
2c. Lap view – distance-based: time



Current split time
Shows the time of the most recent split.

Last split time
Shows the time of the previous split.

3. Workout screen



After 4 seconds, the view goes back to workout metrics.

NOTE:

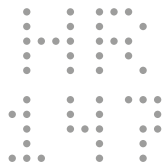
If a lap is taken during a coaching prompt, the coaching prompt isn't interrupted, and the lap data is shown after the coaching prompt has ended. In case a lap collides with a low battery warning, the lap is shown first and low battery right after.

5.2 Viewing metrics during a workout

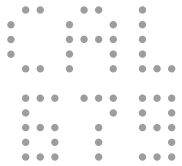
During a workout, you can toggle through your current workout metrics. In the miCoach train & run app, you can define which metrics you want to see, in which order they're shown, and whether you want to see one or two metrics at a time.

1. Time

2. Heart rate

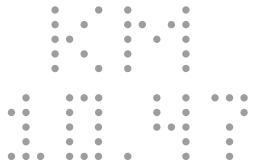


3. Calories



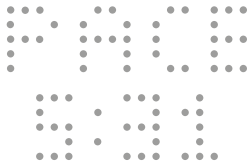
After 10,000 calories, the screens alternate between the metric displayed (CAL) and the number.

4. Distance



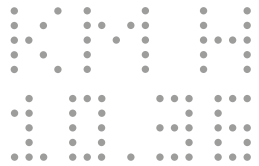
After 100 km, only one decimal place is shown.

5. Pace

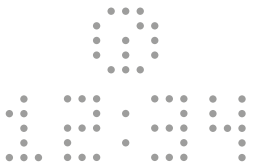


6. Stride rate

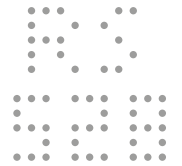
7. Speed



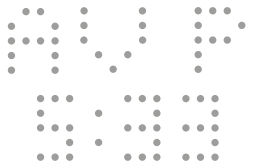
8. Clock



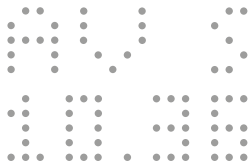
9. Run Score



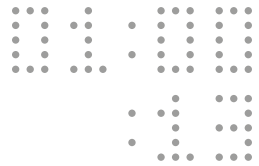
10. Average pace



11. Average speed



60+ minute workout



If the workout is longer than 60 minutes, the hour and minutes (HH:MM) are shown on the first line and seconds on the bottom line (:SS).

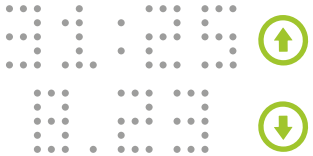
5.3 Viewing double metrics during a workout

Toggle to switch between the displayed metrics. Set up the order of the metrics and their configuration (one or two per screen) from the app.

1. Heart rate + calories

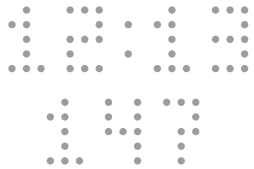
Users need to toggle up or down with side buttons to view next/previous metric screen.

2. Time + distance



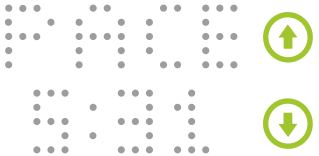
Users need to toggle up or down with side buttons to view next/previous metric screen.

Clock



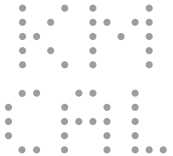
The clock can be combined in the same fashion as all other metrics.

Odd number of metrics



In case there's an odd number of metrics, the last screen has a single metric with the metric name.

Optional metric name screen



You can turn on a description screen from the miCoach train & run app when using double metrics. The screen with the two metric names is shown for 2 seconds before the metrics.

Elapsed time over 60 minutes

If a workout lasts longer than 60 minutes, the hour and minutes (HH:MM) are shown on the first line and seconds are shown on the bottom line (:SS).

In the double metric view, both the time and the previously paired metric are moved to individual screens.

NOTE

You can freely configure combinations of double and single metric screen layouts. See section 5 for more details

6. Additional information

6.1 Software update

One important feature of the miCoach FIT SMART is that you can update the software via the miCoach train & run app. Software updates ensure that you always have the latest functions and features in order to get the most out of your miCoach FIT SMART.

1. Software notification

A notification will appear on the miCoach train & run app to guide you through the software update.

Vibration
Duration: 0.2s.
Repeats 1 time.

Color: red
Repeats 3 times

2. Software download

The syncing animation is shown during software download.

Color: Solid light

3. Software download completed

Vibration
Duration: 0.2s.
Repeats 1 time.

Color: green
Repeats 3 times
(blinking)

4. Automatic power off

After successfully syncing, the miCoach FIT SMART powers off automatically.

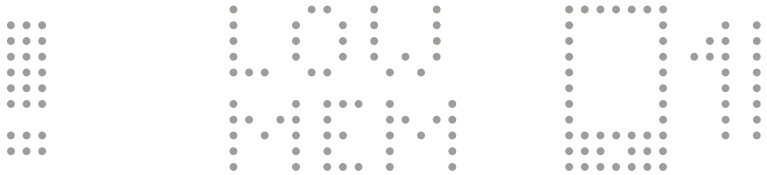
5. Automatic start

Once the software is updated, your miCoach FIT SMART will restart and show the time screen.

6.2 Memory low

Your miCoach FIT SMART will tell you when there is less than 20% of data memory (or 2 hours of data storage capacity) left to store workouts. Overall, your miCoach FIT SMART can hold up to 10 hours of workouts.

1. Software notification



Vibration
Duration: 0.2s
Repeats 3 times

When there's less than 2 hours of data storage capacity left, the above warning sequence is shown. This animation repeats three times.

Afterwards, the view returns to the last screen that you were looking at.

Color: red
Repeats: blinking

NOTE

This warning is displayed if there are less than 2 hours of storage and:

1. It's a new day, and you "wake up" your miCoach FIT SMART.
2. Upon finishing a workout, immediately after the summary.
3. Before a workout, if you're viewing the Coached Workout list screen.

If there isn't enough memory during your workout, the current workout data will overwrite the oldest existing data on the device. Please make sure you sync regularly to avoid losing any data*.

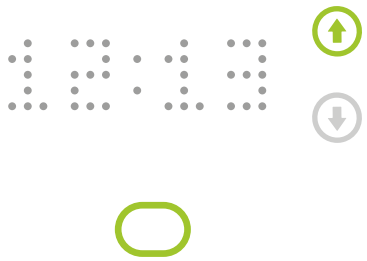
* When the low memory warning comes on, we recommend you sync your FIT SMART to avoid losing any data.

The FIT SMART holds 10 hours of workout data. If you record a long workout (6 hours) and do not sync afterwards, recording another 6 hour workout will cause the original data to be overwritten as the 10 hour internal memory limit will be exceeded.

6.3 Rebooting

If your miCoach FIT SMART stops working, you can reboot it by pressing and holding the center button and the up button at the same time for 7.5 seconds. Rebooting can be performed in time or workout mode. If you reboot during a workout, your miCoach FIT SMART will attempt to save all existing data before rebooting. After the reboot, all your workout and user settings and the correct time should be retained and do not need to be reset.

1. Reboot



Press and hold the center and upper side button for 7.5 seconds to initiate a reboot.

2. Automatic shut down

3. Automatic start

Vibration
Duration: 0.2s
Repeats 1 time

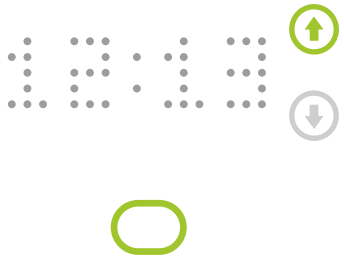
Color: green
Repeats 1 time

After your miCoach FIT SMART has been rebooted, it will power off and then turn on again automatically. Upon reboot, it will be unlocked and will display the time menu.

6.4 Factory reset

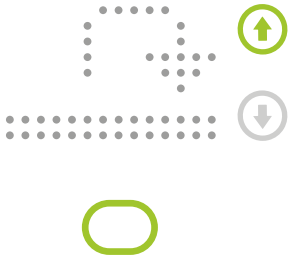
Your miCoach FIT SMART can be reset to its factory settings (out of box) by pressing all three buttons simultaneously for 5 seconds. This action can be performed if you want to have all your settings, workouts and data removed from your device to give it to a friend or a family member, for example, or if your device is frozen up and can't be operated otherwise anymore.

1. Initiate factory reset



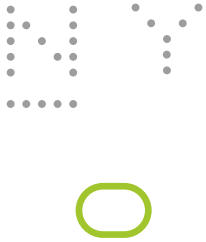
Long press all three buttons for 5 seconds to initiate a factory reset.

2. Factory resetting



During the 5 seconds, the progress animation and icon shown above are displayed.

3. Factory reset confirmation



After the 5 second countdown, you'll be asked to confirm if you want to reset your miCoach FIT SMART to factory defaults. "N" for no is selected by default and you can select „Y" for yes by using the side buttons and selecting this option via center button press.

4a. After the factory reset

After the factory reset has been completed, your miCoach FIT SMART should be in a first time use state and should power on immediately after the reset. (See "Getting Started 2.2.3")

4b. You select "N"

If you select "N", the time screen will be displayed immediately.

6.5 Visual language

Animated progress bar

When your miCoach FIT SMART is waiting for a process to complete, an animation starts by displaying one dot, building to four dots which then move to the right and disappear. Then the dots appear again moving from right to left. This animation continues until the process is complete.

This animation is displayed for the following processes:

Heart rate detection

Syncing

Pairing with mobile device via Bluetooth®

7. Care and Maintenance

- Clean the sensor area and connection pads with mild soap and water as needed. If you use your miCoach FIT SMART regularly, weekly cleaning is recommended.
- Don't scratch the sensor area. Protect it from damage.
- Wipe your miCoach FIT SMART with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Don't expose your device to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage your miCoach FIT SMART's seal, case, and finish.
- Don't attempt to disassemble or service your miCoach FIT SMART.
- Protect your miCoach FIT SMART from impact shocks, extreme heat, and extended exposure to direct sunlight.

miCoach FIT SMART is water resistant (following 3 ATM standard). It resists normal usage scenarios like heavy sweat, outdoor use during heavy rain as well as cleaning the FIT SMART under running tap water. We recommend taking off the miCoach FIT SMART before showering or bathing.

8. Specifications

Materials:	Soft-touch silicone
Battery Life:	~5 days on a single charger (considering a 1 hour workout per day)
Power Supply:	200mAh lithium-ion rechargeable battery
Charging Time:	Up to 3 hours
Display:	17 x 11 LED matrix
Sensors:	Mio continuous optical heart rate, accelerometer
Data Memory:	Up to 10 hours of workout
RF Protocol:	Bluetooth 4.0 (Bluetooth Smart), 2.4 GHz
Weight:	Small ~45 grams Large ~49 grams
Size:	Width 34.00 mm Height 12.17mm Length 140 - 184mm (small) 163 - 207mm (large)

9. Customer service information

9.1 Warranty

adidas warrants this product, under normal usage, against defects in materials and workmanship to the original final consumer for a period of 1 (“one”) year from the date of purchase.

The warranty card delivered with the product corresponds to and is subject to the detailed Terms & Conditions of the adidas miCoach warranty available at www.adidas.com/miCoach.

The warranty is void unless the following conditions are met:

1. Your receipt containing the purchase details must be presented when warranty service is required.
2. The adidas miCoach warranty extends only to products originally purchased from an authorized adidas retailer or from adidas’ own retail.
3. The warranty is void in case of any exclusions or limitations indicated in section 3 of the adidas miCoach warranty.
4. With regard to section 4 of the adidas miCoach warranty, the modalities of how to obtain warranty service must be followed.

Note: The warranty card is in addition to and does not imply any loss of statutory rights. Please read section 5 of the adidas miCoach warranty for additional information.

9.2 Support

Check out our Guides and Tutorials on micoach.com/support. If you can’t find an answer to your question, check the Discussions area or contact the Customer Support team. Contact information is available in the Contact Us section on miCoach.com/support

10. Legal notes and disclaimer

10.1 Trademark and copyright

© 2013 adidas AG. adidas and the 3-Stripes mark are registered trademarks of the adidas Group

10.2 Regulatory compliance

This product is compliant with Directives 2004 / 108 / EC on Electromagnetic Compatibility 2006 / 95 / EC on Low Voltage Directive.

The relevant Declaration of Conformity is available at www.adidas.com/miCoach Statement regarding the disposal of miCoach products containing electronic components:

As a company, adidas is committed to sustainable business practices, which are aimed to preserve, protect and improve the quality of the environment. We apply these to product technologies, design, and the selection of the materials used in our products. Adhering to corresponding environmental laws, directives, and guidelines a core element of our sustainability principles.

Since the miCoach concept is equipped with electronic components, we will ensure that it complies with actual or planned directives and laws, which are mandatory for electronic products and may require specific measures regarding labeling, collection, and recycling.

Note: If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

10.3 Medical disclaimer

Important information on your workouts with miCoach: The advice and workout plans prepared by qualified, responsible coaches are based on the latest scientific and technical research. However, they do not constitute a medical consultation and cannot replace medical advice. Before you start working out, you should get a medical checkup.

Please be aware that any communication with miCoach occurs exclusively over the internet and that we are not completely familiar with your individual physical characteristics and health. Also, any information you provide may not fully reflect the state of your health. It is therefore important that you warm up and stretch before each workout, and that you use common sense while running do not go over the top when exercising. If you experience any pain, feel weak, dizzy, or exhausted, or become short of breath, immediately stop your workout. When you work out, you assume all inherent risks.

The optical heart rate component build into the miCoach FIT SMART provides very accurate heart rate measurements. However, it is not a medical device.

10.4 Precautions

Individuals who have a pacemaker, defibrillator, or other implanted electronic devices shouldn't use the miCoach devices.

Batteries

Keep batteries away from children. If swallowed, contact a doctor immediately. A battery should be properly disposed of according to local regulations. If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

Don't expose to high temperatures.

Don't disassemble.

Don't allow metal objects to contact or short-circuit the battery terminals.

Don't incinerate or expose to fire.

Caution: Risk of explosion if battery is replaced by an incorrect type.

10.5 Trademark footnote – Bluetooth®

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth® SIG, Inc. and any use of such marks by the adidas AG is under license. Other trademarks and trade names are those of their respective owners.

10.6 FCC/IC regulatory notice

Modification Statement

adidas AG has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

adidas AG n'approuve aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Interference Statement

This device complies with Part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s) following two conditions:

(1) This device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Radiation Exposure Statement

This device complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines in Supplement C to OET65 and RSS-102 of the IC radio frequency (RF) Exposure rules.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le présent appareil est conforme à l'exposition aux radiations FCC / IC définies pour un environnement non contrôlé et répond aux directives d'exposition de la fréquence de la FCC radiofréquence (RF) dans le Supplément C à OET65 et RSS-102 de la fréquence radio (RF) IC règles d'exposition.

L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

FCC Class B Peripheral Device Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

CAN ICES-3 (B) / NMB-3 (B)

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de classe B est conformé à la norme canadienne ICES-003.

10.7 1999/5/EC Directive regulatory notices

This device has been evaluated against the essential requirements of the 1999/5/EC Directive.

Bulgarian	С настоящето adidas AG декларира, че IOL90отговаря на съществените изисквания и другите приложими изисквания на Директива 1999/5/ЕС.
Croatian	Ovom izjavom adidas AG potvrđuje da je model IOL90 u skladu s osnovnim zahtjevima i drugim relevantnim odredbama Direktive 1999/5/EC.
Czech	adidas AG tímto prohlašuje, že tento IOL90 je ve shodě se základními požadavky a dalšími příslušnými ustanoveními směrnice 1999/5/ES.
Danish	Undertegnede adidas AG erklærer herved, at følgende udstyr IOL90 overholder de væsentlige krav og øvrige relevante krav i direktiv 1999/5/EF.
Dutch	Hierbij verklaart Adidas AG dat het toestel IOL90 in overeenstemming is met de essentiële eisen en de andere relevante bepalingen van richtlijn 1999/5/EG.
English	Hereby, Adidas AG declares that this IOL90 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
Estonian	Käesolevaga kinnitab Adidas AG seadme IOL90 vastavust direktiivi 1999/5/EÜ põhinõuetele ja nimetatud direktiivist tulenevatele teistele asjakohastele sätetele.
German	Hiermit erklärt Adidas AG, dass sich das Gerät IOL90 in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/EG befindet.
Greek	ΜΕ ΤΗΝ ΠΑΡΟΥΣΑ adidas AG ΔΗΛΩΝΕΙ ΟΤΙ IOL90 ΣΥΜΜΟΡΦΩΝΕΤΑΙ ΠΡΟΣ ΤΙΣ ΟΥΣΙΩΔΕΙΣ ΑΠΑΙΤΗΣΕΙΣ ΚΑΙ ΤΙΣ ΛΟΙΠΕΣ ΣΧΕΤΙΚΕΣ ΔΙΑΤΑΞΕΙΣ ΤΗΣ ΟΔΗΓΙΑΣ 1999/5/ ΕΚ.
Hungarian	Alulírott, adidas AG nyilatkozom, hogy a IOL90 megfelel a vonatkozó alapvetõ követelményeknek és az 1999/5/EC irányelv egyéb elõírásainak.
Finnish	adidas AG vakuuttaa täten että IOL90 tyyppinen laite on direktiivin 1999/5/EY oleellisten vaatimusten ja sitä koskevien direktiivin muiden ehtojen mukainen.
French	Par la présente adidas AG déclare que l'appareil IOL90 est conforme aux exigences essentielles et aux autres dispositions pertinentes de ladirective 1999/5/CE.
Icelandic	Hér með lýsir adidas AG yfir því að IOL90 er í samræmi við grunnkröfur og aðrar kröfur, sem gerðar eru í tilskipun 1999/5/EC.
Italian	Con la presente adidas AG dichiara che questo IOL90 è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 1999/5/CE.
Latvian	Ar šo adidas AG deklarē, ka IOL90 atbilst Direktīvas 1999/5/EK būtiskajām prasībām un citiem ar to saistītajiem noteikumiem.
Lithuanian	Šiuo adidas AG deklaruoja, kad šis IOL90 atitinka esminius reikalavimus ir kitas 1999/5/EB Direktyvos nuostatas.
Maltese	Hawnhekk, adidas AG, jiddikjara li dan IOL90 jikkonforma mal-ħtiġijiet essenzjali u ma provvedimenti oħrajn relevanti li hemm fid-Dirrettiva 1999/5/EC.
Norwegian	adidas AG erklærer herved at utstyret IOL90 er i samsvar med de grunnleggende krav og øvrige relevante krav i direktiv 1999/5/EF.
Polish	Niniejszym adidas AG oświadcza, że IOL90 jest zgodny z zasadniczymi wymogami oraz pozostałymi stosownymi postanowieniami Dyrektywy 1999/5/EC.
Portuguese	adidas AG declara que este IOL90 está conforme com os requisitos essenciais e outras disposições da Directiva 1999/5/CE.
Slovak	adidas AG týmto vyhlasuje, že IOL90 spĺňa základné požiadavky a všetky príslušné ustanovenia Smernice 1999/5/ES.
Slovenian	adidas AG izjavlja, da je ta IOL90 v skladu z bistvenimi zahtevami in ostalimi relevantnimi določili direktive 1999/5/ES.
Spanish	Por medio de la presente adidas AG declara que el IOL90 cumple con los requisitos esenciales y cualesquiera otras disposiciones aplicables o exigibles de la Directiva 1999/5/CE.
Swedish	Härmed intygar adidas AG att denna IOL90 står I överensstämmelse med de väsentliga egenskapskrav och övriga relevanta bestämmelser som framgår av direktiv 1999/5/ EG.

In order to satisfy the essential requirements of 1999/5/ EC Directive, the product is compliant with the following standards:

RF spectrum use (R&TTE art. 3.2)	EN 300 328 v1.8.1
EMC (R&TTE art. 3.1b)	EN 301 489-1 V1.9.2 EN 301 489-17 V2.2.1
Health & Safety (R&TTE art. 3.1a)	EN 60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + AC:2011 EN 62479:2010

The conformity assessment procedure referred to in Article 10 and detailed in Annex IV of Directive 1999/5/EC has been followed with the involvement of the following Notified Body:

AT4 wireless, S.A.
Parque Tecnologico de Andalucía
C/ Severo Ochoa 2
29590 Campanillas – Málaga
SPAIN

Notified Body No: 1909

Thus, the following marking is included in the product:

CE1909

Full declaration of conformity can be found at:
http://www.adidas.com/micoach

There is no restriction for the commercialization of this device in all the countries of the European Union.

10.8 Open source software notice

The Software included in the miCoach FIT SMART product contains Open Source software as identified below.

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